

NEW DEMOCRATS HOLD ON TO LAYTON'S OLD RIDING

FORMER NDP LEADER'S STOMPING GROUND STAYING ORANGE
AFTER CANDIDATE MAKES IT LOOK EASY OVER RIVALS

PAGE 8

HALIFAX

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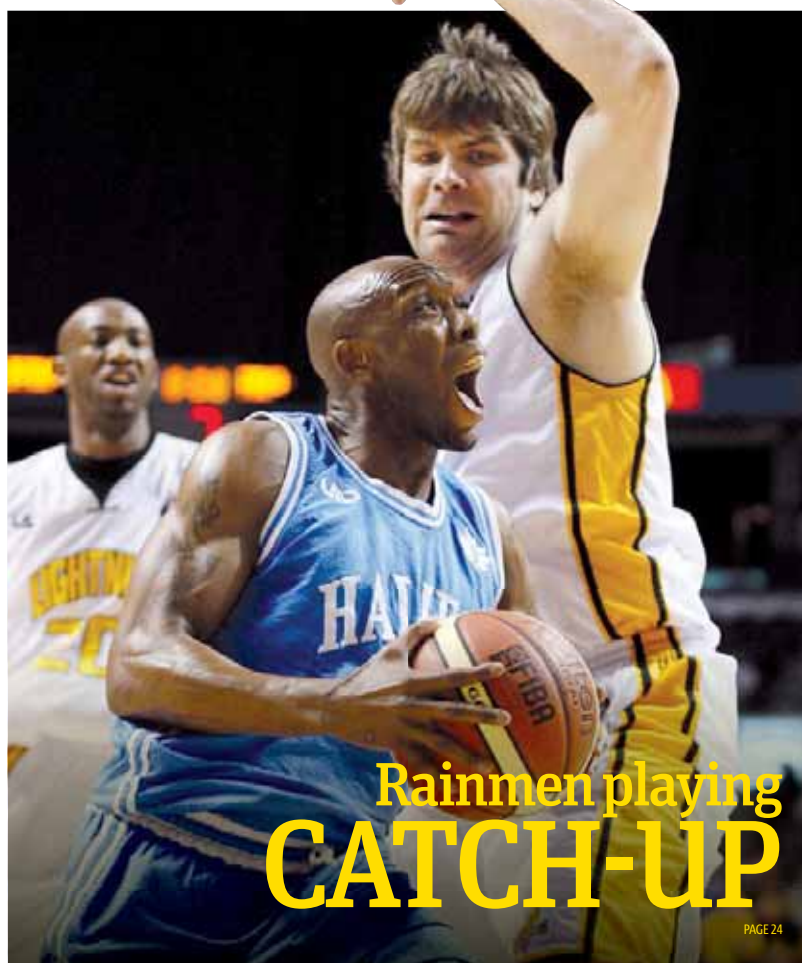
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Tuesday, March 20, 2012



News worth sharing.



Rainmen playing CATCH-UP

PAGE 24

London Lightning's Mike King tries to stop Halifax Rainmen's Taliek Brown as he drives to the basket in Game 2 of the National Basketball League championships series on Monday night in London, Ont. The Lightning dumped the Rainmen 113-96 to take a 2-0 series lead, with Game 3 on Wednesday at the Metro Centre. DAVE CHIDLEY/THE CANADIAN PRESS

Spring soaring to new heights

Sunny days.

Halifax forecast to break temperature records by about 10 C this week



JENNIFER TAPLIN

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Sun tanning in March? Sure.

It's the first day of spring today and we're looking to bust temperature records by at least 10 C on Wednesday and Thursday.

Bob Robichaud, a meteorologist with Environment Canada, said a high-pressure system will bring a lot of sun and pump up warm air from the southwest. It has some connection to the air mass that gave other regions, from Chicago to Ontario, such fantastic March weather last

week.

Environment Canada is forecasting 20 glorious degrees for both Wednesday and Thursday, but Robichaud said some of their models show it could go even higher than that. Current temperature records for March 21 and 22 are 10.5 C (set in 1979) and 11.8 C (set in 1983), respectively.

Usually records are broken by a degree or two — not 10.

"Forecasting a record to be broken by about 10 C is quite unusual, but I wouldn't say it's never happened before," Robichaud said.

And it's not that rare to hit 20 C in March. In fact, the record high for today is 20.2 C set in 2010. But remember it's March and a snowstorm could easily be around the corner, Robichaud said.

"The cold air is not that far off from where we are, it's just we're in a good pattern here mid-week to give us those nice temperatures."

Quotable

"You've got three factors that are working together to produce temperatures that will probably break that 20-degree mark."

Bob Robichaud, meteorologist with Environment Canada

The Public Gardens are set to open April 12 this year and, according to HRM, it won't be open any earlier this year as crews who work at the popular green space are currently assigned to winter works.

HRM also sets out the dates that restaurants and pubs are allowed to operate their patios. This year, the Halifax patio season is scheduled to start April 21. It's up to Halifax regional council to move up that date if they wish.

Strike? Again?

This time it's about health-care services

PAGE 3

A knockout!

Martial arts adds different element to action flick

PAGE 12

Bad timing

Mooseheads lose one of their top scorers to suspension on eve of playoffs

PAGE 24



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Health workers back strike

Labour. Less than 30 per cent of Local 42 employees with Capital Health would work if stoppage occurs



JENNIFER TAPLIN
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Another massive strike could be on the horizon and it's not buses this time, but health-care services.

The 3,569 members of the Nova Scotia General Employees Union (NSGEU) Local 42 voted 90.7 per cent in favour of a strike on Monday.

There are three days still booked for conciliation, from April 3 to 5, but NSGEU president Joan Jessome says the two sides are far apart.

"We're going to go there to get a deal but we also know the position of the union and its members going into it," she said.

Capital Health is offering one per cent wage increases in the next three years, and the union wants 5.1 per cent in the first year, then cost-of-living increases for the next two.

"We're far apart but if there's a deal to be had that we can recommend, then we'll certainly try to get it," Jessome said.

Strike vote
2,941

The number of ballots cast in the strike vote, about 350 more than the union typically sees from this local.

Kathy MacNeil, vice-president of people for Capital Health, agrees they're far apart but she has hope for the bargaining process.

"We've got a ways to go on the wage side," she said. "We've been here before and we've been able to work through. Negotiation is about compromise and each of us making those compromises so we can get to a deal."

The two sides have signed an emergency-services agreement but a strike would have a significant impact on the delivery of service, Jessome says.

"It will not be business as usual," she said. "There will be a scaled-down version of pretty much every service. Cancer treatment in the Veterans building will be fully staffed.... ORs and the ER will be open, but the ORs will be scaled back."

The union's members work at Capital Health sites in HRM and Hants County and include occupational therapists, medical-lab technicians, emergency-room paramedics and social workers.



Nova Scotia General Employees Union president Joan Jessome counts ballots with another union member at their office in Burnside on Monday. JENNIFER TAPLIN/METRO

Dal faces walkout again, this time by support staff



Dalhousie University is shown in this file photo. RYAN TAPLIN/METRO

One strike was averted on Monday, but Dalhousie University could be facing another one.

Members of the Dalhousie Faculty Association (DFA) approved a tentative deal hammered out through conciliation on Monday.

Of the 73 per cent of DFA members who voted, 95 per cent approved of the deal. It's retroactive to July 1 and gives faculty members 1.25 per cent cost-of-living increases in the first two years, and 1.75 per cent in the third year.

According to the DFA, sal-

Exams

- University spokesman Charles Crosby says the school is optimistic a strike can be avoided but if there is a work stoppage, there will be no impact on final exams.

ary increases were also applied to the basic scales.

But support staff with the Nova Scotia General Employees Union Local 77 are still in talks with the university.

Joan Jessome, president of NSGEU, says there are con-

ciliation talks scheduled for Tuesday. The 800 members will vote on either a tentative deal or the employer's last offer on Wednesday.

If they reject it, they'll be out on the picket line Thursday morning.

The school semester is ending, but a strike now will still have an impact, Jessome says.

"It's the end of the fiscal year and a mark on the university for students thinking about coming back or applying for next year," Jessome said.

JENNIFER TAPLIN/METRO

Crime

Teens charged after alleged gas theft, police chase

Talk about your sticky situations.

Three teens face charges after a car got stuck on a muddy road while the 18-year-old driver allegedly tried to flee from police for stealing gas at a service station in Bedford.

Halifax RCMP say the

incident took place at about 2:30 a.m. Monday, with the gas allegedly stolen from the Sobeys station at the Bedford Highway and Hammonds Plains Road.

Police say an officer noticed the suspect vehicle — a grey Dodge Neon — travelling down the Lucasville Road shortly later.

With the officer in pursuit, the car became stuck in the mud on Old Service Road 101, leading to the arrests of three male teens.

METRO

Road infractions

Cops issuing e-tickets in pilot project

Halifax police have begun a pilot project that sees 48 officers with Halifax Regional Police and Halifax RCMP create and issue electronic tickets from their own vehicles.

The project, started Monday, will last from four to six weeks. METRO

Finance

Steele may offer budget preview during address

Finance Minister Graham Steele could deliver a taste of what's to come in the spring provincial budget when he addresses the Halifax Chamber of Commerce over the lunch hour on Tuesday.

Steele is expected to talk about the fiscal state of the



Graham Steele METRO

province and where we are headed.

The speech will be held at the Casino Nova Scotia's Schooner Room. METRO



Mobile news



The KONY2012 video may have more than 83 million views on YouTube, but a clip of Invisible Children founder Jason Russell's naked romp on a street corner is now taking over the web. Scan the code for the story.



On the web

Double helix, double bind

The state of New York will start collecting DNA samples for a permanent database from people who commit even minor crimes like shoplifting or subway-turnstile jumping. Watch at metronews.ca/video

Hells Angels death. Man has charges dropped

A charge of accessory after the fact has been dropped against a Nova Scotia man charged in connection with the death of a former Hells Angel.

Forty-five-year-old Dean David Whynott was arrested and charged in December 2010 after the skeletal remains of Randy Mersereau were found in a wooded area of North River, near Truro.

He had disappeared in October 1999.

The charge against Whynott was withdrawn in Truro court on Monday by prosecutors.



Dean David Whynott TRURO DAILY NEWS

They gave no reason for their decision.

Whynott was the fourth person charged with accessory after the fact in Mersereau's death. **THE CANADIAN PRESS**

Development. Alliance suggests new approach

An alliance of 36 social and environmental groups is suggesting a new approach to the way Halifax does development.

Our HRM Alliance, which represents a diverse cross section of advocacy groups in the municipality, is suggesting a "greenbelt" development strategy that would channel development into four different sections.

The emphasis is on the regional centre and suburban areas that are already well developed — areas already serviced by roads and water systems.

The other three — protected areas and natural corridors, natural resources and agriculture, and rural communities and coast areas — would see

Presentation

The group will be presenting their proposal to HRM as part of the municipality's five-year review of the Regional Plan, which runs from March 19 to 29.

less development under the greenbelt proposal.

The group, which includes the Downtown Halifax Business Commission and FUSION Halifax as well as the Ecology Action Centre and the Sackville Rivers Association, is adamant that the greenbelt approach not limit development, but instead channel it to the most appropriate places.

ALEX BOUTILIER/METRO

Alleged abduction

Nickerson due back in court in April

Gordon Frank Nickerson will be back in court again next month.

The Yarmouth man, who up to this point had refused

legal counsel, agreed to representation during a proceeding at Kentville provincial court on Monday.

Nickerson faces a dozen charges in relation to an alleged abduction in Wedgeport and motor vehicle collision in New Minas last month. **YARMOUTH VANGUARD**

Ottawa backs off on coal regulations

Energy. Coal power accounts for over 50 per cent of Nova Scotia energy consumption



ALEX BOUTILIER

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A new agreement between the province and the federal government won't require Nova Scotia Power Inc. to wean itself off coal-fired power.

Federal Environment Minister Peter Kent revealed in Halifax on Monday that Ottawa and the province are working on an equivalency deal for greenhouse-gas emissions.

The deal, once finalized, will allow Nova Scotia regulations to trump federal rules if the province achieves equivalent reductions in emissions.

"This will achieve the same greenhouse-gas reductions as the federal approach while at the same time providing Nova Scotia with the flexibility to take an approach that best suits its particular circumstances," Kent told reporters.

It also allows NSPI to keep using coal-fired power plants.

Draft federal regulations would have required NSPI to close some older coal plants by

Other deals?

Environment Minister Peter Kent also said Monday he expects similar agreements will be made with Saskatchewan and Alberta — the two other provinces with significant coal-fired power sources.

2015. NSPI president Rob Bennett said the move would have cost ratepayers "many hundreds of millions of dollars."

The equivalency deal will not require NSPI to close any coal plants — allowing them to use coal power intermittently during peak hours and seasons.

"This allows us to make the best economic use of the assets that we've already invested in in Nova Scotia, and that helps us keep costs down while not exceeding the carbon limitations that have been put on by the province," said Bennett.

Last year, 57 per cent of Nova Scotia's energy needs were met by coal power, according to Bennett. That's down from about 80 per cent only a few years ago.

The equivalency deal will not change the province's stated goal of a 25 per cent reduction in greenhouse-gas emissions by 2020, according to the Department of Environment.



Environment Minister Peter Kent responds to a question during question period in the House of Commons this month. SEAN KILPATRICK/THE CANADIAN PRESS

Gas-emissions deal makes sense: MP



Megan Leslie METRO

Halifax MP Megan Leslie says a greenhouse-gas-emissions equivalency deal makes sense for the province.

Environment Minister Peter Kent revealed the province and the federal government are working toward a deal on greenhouse-gas emissions that would see Nova Scotia reach federal targets without having to shut down older coal-fired

power plants by 2015.

"When they first talked about equivalency agreements, I was wary," said Leslie, who is the NDP's environment critic.

But, she added, "I do think this is a just transition for Nova Scotia."

Leslie said it didn't make sense for Nova Scotia Power Inc. — and their ratepayers — to invest money in switching

from coal to natural-gas plants as federal regulation requires.

"When you have a province like Nova Scotia that actually is trying to be ambitious with its renewables ... it makes sense to me, and I feel like it's just, that the emissions that this province is bringing down would count towards the coal agreement," said Leslie.

ALEX BOUTILIER/METRO

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Man faces child-porn charges

Across North America.

Teenaged victims are from other parts of Canada and the U.S., police say



JENNIFER TAPLIN
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A 29-year-old Halifax man is facing 19 child-pornography charges after an eight-month investigation.

Police received a tip in July about questionable images posted online. An investigation led police to search a Huxley Close residence in October and seize a computer.

"It has to do with online conversations that ended up having somebody defined as a child engaging in child pornography," said Const. Brian Palmetter, Halifax Regional Police spokesman.

The suspect allegedly used a fake persona to get the victims to create images and send them to him.

"It appears everything was done via the Internet," Palmetter said.

Police have charged Mark Abou-Haider with five counts of luring a child, five counts of making child pornography, five counts of possessing child pornography, three counts of sexual exploitation and one count of invitation to sexual

Note for parents

"It serves as a reminder that parents need to speak to their children, even their teenaged children, about the importance of not engaging in such activity, because once it's out there, it's out there."

Const. Brian Palmetter

touching.

The investigation took several months because it involved tracking down five teenaged girls from other parts of Canada and the United States.

"Everybody involved, with the exception of the accused, is from outside of our area," Palmetter said. "We've been able to track down some of the people because we have to confirm that the person whose images were on the computer were of the age to consider them children."

Abou-Haider is due in Halifax provincial court on May 22.

"It serves as a reminder that parents need to speak to their children, even their teenaged children, about the importance of not engaging in such activity because once it's out there, it's out there," Palmetter said.



Venezuelan navy vessel on display at the Cable Wharf

People board the Venezuelan tall ship the Simon Bolivar, a sail-training vessel of the Venezuelan navy, on the Halifax waterfront Monday afternoon. The ship docked at the Cable Wharf on Monday and will remain there until Saturday night. The tall ship is open to visitors on Tuesday from 9 a.m. to noon and 4 to 6 p.m., and on Wednesday through Friday from 9 a.m. to 6 p.m. PHILIP CROUCHER/METRO

Accused sent back to jail until bail hearing

A man facing an attempted murder charge in relation to an early-morning stabbing outside a Dartmouth pub will remain behind bars until his next court appearance later this week.

D'Angelo Martez Beals, a 23-year-old from Dartmouth, made a brief court appearance on Monday at Halifax provincial court, with his

case held over until Thursday when a bail hearing is scheduled.

Beals has no criminal record and has been remanded back to the Central Nova Correctional Facility in Burnside.

On Sunday just before 2:30 a.m., Halifax Regional Police were called to the Parkside Pub and Grill at

14 Highfield Park Dr. after reports of an altercation between two men in the parking lot.

The victim, a 47-year-old man, was stabbed multiple times in the upper body and was taken to hospital with serious wounds.

He required surgery and is listed in stable condition. PHILIP CROUCHER/METRO

New rank

Police promote one of their own

Chris Thomas was promoted to the rank of sergeant by HRP Chief Frank Beazley at police headquarters on Monday morning.

Thomas has been with the force for 13 years.

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Obama heads west to tout new pipeline

Energy policies.

Republicans attack President Obama for rising gas prices and for rejecting Keystone XL in January

U.S. President Barack Obama will head west this week to the Oklahoma town that's the southern starting point of TransCanada's controversial Keystone XL pipeline.

Obama will make a speech in Cushing, where the pipes that will be used to build the pipeline to the Gulf Coast are

being housed. He'll also make stops in Nevada, New Mexico and Ohio.

The trip comes as the president's public approval ratings drop almost in concert with soaring pump prices. Republicans blame Obama's energy policies for rising gas prices and continue to attack him for rejecting Keystone XL in January.

White House press secretary Jay Carney denied that Obama's trek west was a publicity stunt aimed at propping up his sagging poll numbers.

"Most Americans understand that that's baloney," Carney said.

THE CANADIAN PRESS

Pipeline's promising

Obama's recent praise of TransCanada's decision signalled a shift in attitude from the White House after it rejected the pipeline outright in January.

- **Distance in dollars.** The \$7.6-billion pipeline would stretch from Alberta's oilsands through six U.S. states to the Gulf Coast.



Twitter draws attention to bus wheel cleavage

Alberta Wildrose Leader Danielle Smith unveiled her party's campaign bus in Edmonton, Monday, shown in a photo taken from the social media website Twitter. The unveiling of her campaign bus has gone viral on Twitter, but not for any reasons related to the upcoming election. The bus includes a large picture of Smith on the side, with the two rear wheels over her chest.

TWITTER.COM/HANDOUT/THE CANADIAN PRESS

Sex workers. B.C. police consider new guidelines

A man whose sister is believed to have been murdered on Robert Pickton's farm says he's surprised the Vancouver police may adopt new guidelines for officers to treat sex workers

with dignity and respect.

Ernie Crey, whose sister Dawn disappeared in 2000, says he didn't know treating women with dignity was optional. THE CANADIAN PRESS

Search and rescue. Swiss man survives avalanche

Five people were killed and one person was dug out alive after Swiss and French skiers were buried by an avalanche Monday on Norway's Arctic fringe.

Four Swiss and one French skier died in the avalanche, which was 600 metres long. The last victim was buried under six metres of snow.

THE CANADIAN PRESS



HRM's NEW Districts and District Boundaries

What's my NEW District?

According to the Nova Scotia Utility and Review Board's (NSUARB) final order, received on January 20th, 2012, there will be **16 NEW Polling Districts for the 2012 Municipal Election this October.**

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Balloon pilot helped save his passengers before deadly fall

Georgia. Investigators believe stormy winds collapsed the hot-air balloon, twisting it into the shape of a streamer

A hot-air balloon pilot found a safe spot for his skydiving passengers to bail out just before a thunderstorm sucked in his craft and sent him plummeting to his death.

Searchers found the body of 63-year-old Edward Ristaino on Monday after combing the woods in south Georgia with helicopters, airplanes, horses and all-terrain vehicles. Ben Hill County Sheriff Bobby McLemore said a helicopter spotted the balloon, and searchers on the ground then found the North Carolina resident dead.

Ristaino was ferrying the five skydivers Friday night when the fast-developing storm struck. Two of the skydivers say Ristaino kept them

safe by spotting a field where they could safely parachute and telling them to jump as the storm approached.

"If we would have left a minute later, we would have been sucked into the storm," said skydiver Dan Eaton of Augusta, Ga.

He said he didn't think Ristaino's choice to embark on the trip was reckless. They took off into a blue sky from a festival in Fitzgerald, Ga. From the air, they could see only a fog-like haze that later turned into a fierce thunderstorm.

The storm "came out of nowhere," said skydiver Jessica Wesnofske of Cornelia, Ga.

Wesnofske said winds from the storm whipped and rocked her parachute on the way down, making her realize how strong the storm had become.

"By the time we got to the ground, the lightning was hitting the ground," Wesnofske said. "There was spider lightning across the sky."

As the storm lifted Ristaino

Planning ahead

"Something like this is a very rare occurrence because we have so much weather data available to us these days."

Troy Bradley, president of the Balloon Federation of America

into the clouds, he was using a walkie-talkie to speak with his ground crew, McLemore said.

"He told him he had gone into the clouds, that an updraft had taken him up to 17,000, 18,000 feet," McLemore said.

At some point, authorities believe the storm's winds collapsed the balloon and twisted it into the shape of a streamer. The last time anyone heard from the pilot, McLemore said, he saw trees beneath him.

"He had just made the statement that 'I'm at 2,000 feet and I see trees,' and that was his last transmission," he said.

THE ASSOCIATED PRESS



Colorado wildfires contained

A wildfire sends up a huge wall of smoke Sunday, forcing authorities to temporarily close a section of U.S. Highway 34, east of Yuma County, Colo. Residents of the small town of Eckley have been allowed to return home after firefighters contained most of the wildfire. TONY RAY/LTHE YUMA PIONEER/AP

Village in England

Englishman nettles neighbours with Nazi salutes

A British math teacher was convicted Monday of harassing his German neighbours with loud wartime music and Nazi salutes.

Prosecutors said Geoffrey Butler, 54, caused Reinhard and Kathryn Wendt four years of misery, among other things miming a Nazi salute and a Hitler moustache, playing a Winston Churchill speech and blasting patriotic British songs like Rule Britannia.

THE ASSOCIATED PRESS

Myanmar

Second World War mortar kills child

A security official in Myanmar says a mortar round left over from the Second World War has exploded accidentally for the second time in the country, killing a 12-year-old boy and two other people. The official said the blast occurred Monday in Mandalay as it was being dismantled for scrap metal at a smelting plant. THE ASSOCIATED PRESS

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Child abandonment

Mom gets drunk, leaves baby in pile of leaves: RCMP

A seven-month-old girl is fine after her mother allegedly got drunk early on St. Patrick's Day and left her in a pile of leaves near a Portage la Prairie, Man., school.

RCMP said a cyclist

riding past a school at about 3:45 a.m. Saturday heard a noise that sounded like a cat. Stopping to check it out, he found a baby girl lying in a pile of leaves near the steps of the school.

RCMP have arrested the mother, 28, and charged her with child abandonment. Her name will not be released to protect the child's identity. **ELISHA DACEY/METRO**

Byelection

Layton's Toronto-Danforth riding easily stays NDP

The New Democrats have hung on to the late Jack Layton's riding. Preliminary byelection results give NDP candidate Craig Scott close to 60 per cent of the vote. **THE CANADIAN PRESS**



NDP candidate Craig Scott
PAWEL DWULITY/THE CANADIAN PRESS

Investigation

London rioters face expulsion from college

Fanshawe College students convicted of criminal charges in a St. Patrick's Day riot could be expelled, president Howard Rundle said Monday.

Rundle said eight students have already been

suspended. "This is unacceptable. It will not be tolerated, it will not be excused and we will not be excused those people as students of this college," he said.

Police are continuing to investigate the riot, which officials say attracted about 1,000 people to Fleming Drive, where a vehicle was torched and bottles were pelted at first responders. **ANGELA MULLINS/METRO LONDON**

Aveos layoffs could cause flight delays: Air Canada

Unrepaired planes.

Nearly 3,000 passengers daily could be affected if planes aren't promptly returned to service

Air Canada said Monday it could be forced to cancel flights and strand thousands of passengers if the maintenance company that obtained creditor protection Monday is unable to complete repairs to several planes.

Despite saying earlier in the day it won't be affected by the closure, the airline's lawyers argued in vain Monday for a Quebec Superior Court judge to order Aveos Fleet Performance to not lay off more workers and meet its obligations to complete the repairs.

Three wide-body planes and several narrow-body aircraft are sitting in Aveos facilities across the country, some missing landing gear.

Air Canada lawyer Louis Belanger said the next 24 to 48 hours will be crucial in determining if the aircraft repairs can be completed on schedule. He said nearly 3,000

passengers daily could be affected if the planes aren't promptly returned to service.

Despite what it argued in court, Air Canada said in a news release that its fleet's maintenance and repair activities are done in-house and won't be affected by the plant closures.

"The airline's line maintenance has always been performed directly by Air Canada, at the airline's own facilities by Air Canada's 2,300 maintenance employees," the airline said in a statement.

"The airline typically performs its line maintenance activities overnight or between flights, as necessary."

Montreal-based Aveos said it has permanently shut its airframe repair business. The move will affect about 1,800 of the company's 2,600 employees.

The remaining employees repairing engines and components such as landing gear have not been let go but it wasn't immediately clear when they will be called back to work.

Aveos said it will be able to restart operations if it can secure liquidity and develop a restructuring plan.

THE CANADIAN PRESS



Aveos workers demonstrate near the Winnipeg Richardson Airport on Monday after being locked out Sunday. Nearly 350 jobs in Winnipeg are in danger of being lost. **BERNICE PONTANILLA/METRO WINNIPEG**

Dispute

- Aveos shut down three main plants in Vancouver, Winnipeg and Montreal, as well as other facilities in Edmonton, Calgary, Trenton and Mississauga, Ont.
- The International Association of Machinists and Aerospace Workers maintains Air Canada caused the problems at Aveos by sending its heavy aircraft maintenance business to other providers.
- The IAMAW said the layoff of Aveos workers is a violation of the Air Canada Public Participation Act and it wants the federal government to intervene.
- The union contends the government and Canada Industrial Relations Board should have done more to ensure Aveos was financially viable before approving the transfer of workers from Air Canada.
- Aveos argues Air Canada is responsible for \$10 million in severance payments owed to laid off airframe workers.

NDP ready to counter expected Tory attack ads



This screengrab shows a new Conservative Party of Canada ad attacking interim Liberal Leader Bob Rae. **CONSERVATIVE PARTY OF CANADA**

The NDP is preparing a "significant" ad campaign to promote its new leader before the Conservatives get a chance to taint Canadians' first impressions with attack ads of their own.

The new leader, to be chosen Saturday, will have to approve the plan but the idea is to beat the Tories to the punch.

"The NDP is not going to be caught flat-footed. We are going to be defining our own leader to the public," NDP spokeswoman Sally Housser said in an interview.

The Conservatives have successfully launched attack ads that helped demolish the reputations of the last two Liberal leaders, Stéphane Dion and Michael Ignatieff. The ads portrayed Dion as ineffectual, weak and "not a leader," and Ignatieff as an opportunistic interloper who was "just visiting" Canada and "didn't come back for you."

Liberals agreed at their convention in January to set aside cash to promote and defend their next permanent leader, who is to be chosen next spring.

The NDP has also learned from the Liberals' experience that Tory attack ads can't be allowed to go unchallenged.

"We've set aside funds for a significant ad buy," said Housser.

NDP officials have no doubt the Tories plan to smear their party's new leader. They've already had a taste of things to come in the House of Commons, where Conservative MPs have for months been repeating the mantra that the NDP is "not fit to govern."

THE CANADIAN PRESS

Liberal smear campaign

- The Tories launched an ad campaign this week against interim Liberal Leader Bob Rae, accusing him of turning Ontario "into the welfare capital of Canada" during his term as NDP premier in the 1990s.
- In the past, cash-strapped Liberals couldn't afford to fight back with ads of their own, letting the Tory attack ads go unanswered.

Sarkozy condemns attack on Jewish school

Toulouse, France. Four children, rabbi killed in front of school

A motorcycle assailant opened fire with two handguns Monday in front of a Jewish school in the French city of Toulouse, killing a rabbi, his two young sons and a schoolgirl. One of the guns had also been used in other deadly motorcycle attacks in the area, officials said.

A 30-year-old rabbi and his 3-year-old and 6-year-old sons were killed just before classes started at the Ozar Hatorah school, a junior high and high school in a quiet residential neighbourhood, Toulouse Prosecutor Michel Valet said.

Another child, the 8-year-old daughter of the school principal, was also killed, school officials said. Valet said a 17-year-old boy was also seriously wounded and in the operating ward of a city hos-

Tragedy

"Barbarity, savagery, cruelty cannot win. Hate cannot win. We will find him."

Nicola Sarkozy, French president

pital.

Authorities ordered increased security at schools and synagogues around the country after the attack.

French President Nicolas Sarkozy rushed to Toulouse to visit the school with Richard Prasquier, the president of CRIF, the umbrella group representing Jewish organizations.

Sarkozy ordered increased security at Jewish and Muslim buildings around Toulouse, while his prime minister told officials to "secure" all school and religious buildings in the entire country.

THE ASSOCIATED PRESS



Students comfort each other at the Ozar Hatorah Jewish school.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

Afghanistan shooting. Lawyer has 'emotional' meeting with Bales

A lawyer who is defending a U.S. army staff sergeant suspected of killing 16 Afghans, including nine children, met Monday with the soldier for the first time at Fort Leavenworth, a conversation the attorney described as emotional.

Attorney John Henry Browne said he met for more than three hours with Robert Bales, who is being held in an isolated cell at the military prison.

"What's going on on the ground in Afghanistan, you read about it, I read about it, but it's totally different when you hear about it from somebody who's been there," Browne told The Associated Press by telephone during a lunch break.

"It's just really emotional."

Bales, 38, and Browne are expected to meet again Monday afternoon.

Prison spokeswoman Rebecca Steed said earlier that Bales would be able to

Accused

Military officials have said that Bales, after drinking on a southern Afghanistan base, crept away March 11 to two villages overnight, shooting his victims and setting many of them on fire. Nine of the 16 killed were children and 11 belonged to one family.

- Bales has not been charged yet in the shootings. Formal charges are expected to be filed within a week.

meet Browne in what is described as a privileged visit. Along with medical visits, such meetings are generally more private than the others that are conducted in the prison.

Bales is "already being integrated into the normal pre-trial confinement routine," Steed said.

THE ASSOCIATED PRESS

Letters, papers

University puts Einstein online

All 80,000 items in Albert Einstein's archives, including personal correspondence with half a dozen lovers and a poignant postcard to his ailing mother, are going online.

The Hebrew University of Jerusalem, which owns the Einstein collection, is slowly uploading high resolution photographs of scientific papers, letters on social issues including nuclear disarmament and the Arab-Israeli conflict.

Archivists said Monday's launch of the online repository will give scholars around the world direct access to Einstein's papers.

Most have been locked in storage at the university and only half of the collection appears online.

THE ASSOCIATED PRESS

Kosovo conflict

War crimes claim prompts lawsuit

Serbia's army chief has sued a prominent rights activist who has accused him of war crimes in Kosovo during the 1998-99 war.

Natasa Kandic, who heads the Humanitarian Law Fund group, says the libel suit filed by Gen. Ljubisa Dikovic is politically motivated.

Kandic's organization has alleged that "numerous grave and massive" crimes were committed in central Kosovo where Dikovic was in charge as a brigade commander in 1999.

Dikovic and Serbia's war crimes prosecutors' office have denied the accusations. About 10,000 people, mostly independence-seeking ethnic Albanians died in the Kosovo war.

THE ASSOCIATED PRESS

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Fair play

Toy company makes ethical list

A think-tank that promotes business ethics and corporate social responsibility has named Hasbro Inc. one of the world's most ethical companies.

The New York-based Ethisphere Institute says the toy maker is one of 145 companies on the list this year. This is the first time Hasbro is on the list.

Ethisphere has done the rankings for six years.

Ethisphere says the companies on the list follow ethical business practices and go beyond legal compliance minimums. Companies can either nominate themselves or be nominated by others.

Hasbro calls it an honour to be selected and says that integrity is a central part of its business.

Other companies on the list include Starbucks, Whole Foods, eBay, Aflac, PepsiCo and UPS.

THE ASSOCIATED PRESS

Market Moment



DOLLAR
101.27¢ US
(+0.45¢)

TSX
12,479.7 (-17.27)

OIL
\$108.09 US (+\$1.03)

GOLD
\$1,667.30 US (+\$11.50)

Natural gas: \$2.351 US (+2.5¢)
Dow Jones: 13,239.13 (+6.51)



The newest iPad is displayed during an Apple event in San Francisco. PAUL SAKUMA/THE ASSOCIATED PRESS

Apple to offer first dividend

Shareholders rewarded. Tech giant will pay quarterly dividend of \$2.65 per share starting July 1

Thirty-six years after its founding, Apple Inc. is finally loosening up its purse strings to reward shareholders directly, by instituting a dividend and share buyback program.

Investors had been expecting Monday's announcement, driving up Apple shares 37 per cent since management hinted in January that a dividend was in the works.

Apple, the world's most valuable company, sits on \$97.6 billion in cash and se-

curities. For years, CEO Steve Jobs resisted calls to reward shareholders with some of that money.

He used to say that the money was better used to give Apple manoeuvring room, for instance by giving it the ability to buy other companies.

On Monday, new CEO Tim Cook said that with this much cash on hand, a dividend wouldn't restrain the company's options.

"These decisions will not close any doors for us," he told analysts and reporters on a conference call.

Apple generated \$31 billion in cash in the fiscal year that ended in September, and is on pace to generate even more in the current year.

THE ASSOCIATED PRESS

Licensing lawsuit

A group of prominent Chinese writers have demanded millions of dollars in compensation from Apple.

- The writers are seeking compensation for Apple allegedly selling unlicensed versions of their books in its online store, a lawyer said.
- Three separate lawsuits have been filed on behalf of 12 writers who allege 59 of their titles were sold unlicensed through iTunes.
- The lawsuits demand \$3.5 million US in compensation from the tech giant.

Snack attack. Wendy's edges Burger King in sales

Wendy's has dethroned Burger King as the country's second-biggest hamburger chain.

Wendy's edged out Burger King in U.S. sales volume for

the first time last year since Wendy's was founded in 1969, according to a report by food industry research firm Technomic that's set to be released next month.

Wendy's had sales of \$8.5 billion in 2011, compared with \$8.4 billion for Burger King. McDonald's remained far larger than both with \$34.2 billion in sales.

Both Burger King and Wendy's have struggled in recent years to keep up with the growth of McDonald's, which has managed to keep prices low through the recession.

THE ASSOCIATED PRESS

Fresh move. Starbucks set to enter juice market

Starbucks is pushing beyond coffee with the opening of the first Evolution Fresh juice store, the company said Monday.

Starbucks, which is looking for new businesses for growth, purchased the California-based juice maker in November for \$30 million. Evolution Fresh had been selling its juices in grocery stores such as Whole Foods. The first Evolution Fresh store is in Bellevue, Wash.

Aside from juices, Starbucks says Evolution Fresh shops will have wraps, soups, salads, vegetarian and vegan options, and



Starbucks expands offerings beyond coffee. PAUL SAKUMA/THE ASSOCIATED PRESS

other offerings.

Starbucks' acquisition of Evolution Fresh is part of an attempt to broaden its business as consumers demand healthier products.

THE ASSOCIATED PRESS

READ BETWEEN THE LINES



SHE SAYS...
Jessica Napier
metronews.ca/shesays

realize the very subtle way in which the words that come out of our mouths are actually completely different from the intention behind them.

In an effort clear up some of the confusion I've created a little decoder to help understand the meaning behind some common female phrases. A She Says column on the things she says. Clever, right?

Read on and be sure not to take any of this too seriously.

"I'm fine."

Wow, she is totally NOT fine. She couldn't be further from fine. If a girl is doing well, she doesn't say "fine." She'll use words like "great," "good" and, if she's particularly enthusiastic, "amazing." Saying "I'm fine" is just a passive-aggressive technique we use to let you know that something's wrong and that it's more than likely your fault. See also: "It's fine" and "We're fine."

Girlfriend wants to bail

"She is halfway through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants."

through a bottle of wine and wants nothing more than to watch a marathon of Downton Abbey while wearing embarrassingly oversized sweatpants.

"I have a lot of guy friends."

Because other women can't stand her. She'll tell you she hates drama, but in reality it probably has more to do with her inability to get along with other females. Famous women who have uttered this phrase include The Bachelor's latest she-villain Courtney Robertson and Angelina "Husband stealing" Jolie.

"I don't understand what the big deal is about Ryan Gosling."

Fact: Nobody is more charming than Ryan Gosling. It's sweet that your girl might try to protect your ego by feigning indifference towards this ridiculously handsome movie star, but she's lying to you. Want proof? Check out this thing called the "Internet" and see just how vast the Gosling fangirl universe really is.

"I'm not mad, I'm just disappointed."

But also she's super mad.

Girls have a lot of thing to say: I think the countless S-t Girls Say video parodies are proving that point ad nauseum. But more often than not (read: all the time) a lot of men don't

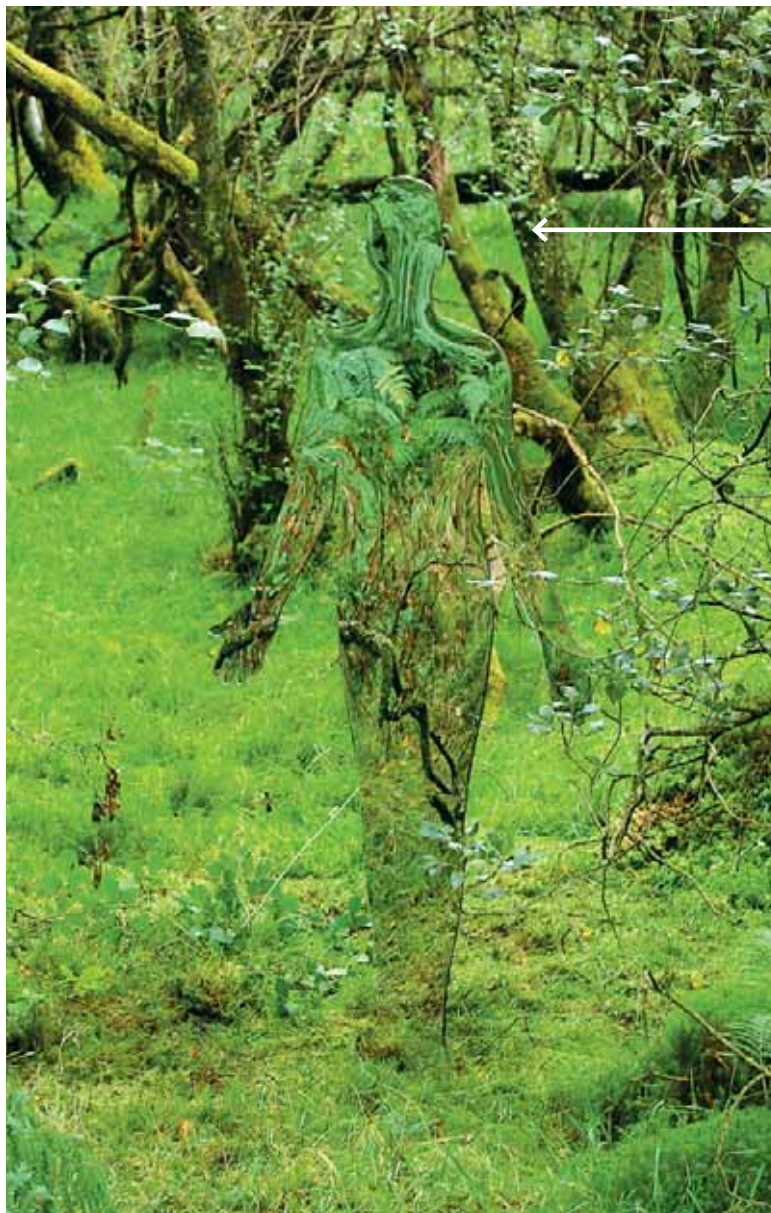
"I really like that guy's hair."

You need a haircut.

"Did you still want to meet up tonight?"

If a girl actually wants to go out on the town, she'll pose the question "Where are we meeting?" If she wants to subtly hint at the fact that she would like to bail on you, she'll use this phrase. In reality, she has no desire to leave her house; she is halfway

Mirror, mirror, in the woods



ROB MULHOLLAND/REX FEATURES

Part of the scenery

'Invisible' people spotted in forest

"Invisible" figures that appear to blend into the environment have been spotted in Scottish woodland. No, it's not something paranormal — it's an art installation. Rob Mulholland's series of six mirrored figures reflect the images of their environments to give the invisibility illusion. **MWN**

'A visible metaphor'



Rob Mulholland with a figure.

Reflecting the past

What inspired your art?

I first did some mirrored foxes as a visible metaphor of their elusiveness. I took that idea to the next level and used figures of people.

What's so special about the woodland in the Trossachs?

I discovered that after World War I much of this area was depopulated to accommodate an in-demand timber industry. These figures are meant to echo the past settlements of people that once lived here.

People say these figures look like the "invisible" alien life forms in the Predator movies? Were they inspiration?

Not at all! It's pure accident they look the same. At first I never saw the similarity. Sometimes as an artist you're stuck in a bubble and you can't see the wood for the trees!

ANTHONY JOHNSTON/MWN

Weird news

Chinese émigrés seek French entrée

Thousands of people in China are trying to write their own ticket out of the country — in French.

Chinese desperate to emigrate have discovered a backdoor into Canada that involves applying for entry into the country's francophone province of Quebec — as long as they have a good working knowledge of the local lingo.

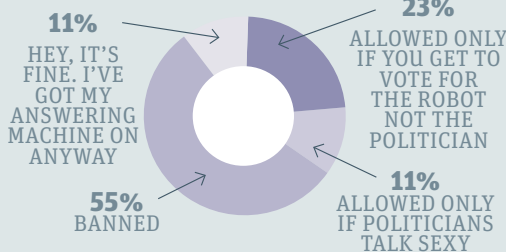
So, while learning French as an additional language is losing ground in many parts of the world — even as Mandarin classes proliferate because of China's rise on the international stage — many Chinese are busy learning how to say, "Bonjour, je m'appelle Zhang."

Yin Shanshan, 25, said the French class she takes in the port city of Tianjin near Beijing even includes primers on Quebec's history and its geography. **THE ASSOCIATED PRESS**



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Do you think election robocalling should be ...



Twitter

@kateross

It's summer #halifax fix yr damn slurpie machines. 3/3 busted. #areyoukiddingme

@zeptepe

It's a beautiful day for sitting in the yard reading a book. Only a cold beer could make it better. #4hfx #halifax

@thorneyhfx

There is too much bare everything out there. Clam down Halifax, it is not even 10 degrees

@Danielle_M_L

Last day in #barbados is not as depressing knowing it's sunny and warm in #halifax! Keep it cominnn

@joshcoles

People talking about football on twitter: in Halifax last Thursday Morning we saw a guy do a Tebow kneel while puking on South Park St.

@NSwilderness

#Halifax needs a greenbelt to protect wilderness and stop sprawl.

2

SCENE



Scene in brief

Beyoncé gets back to work

Beyoncé is set to return to the stage for the first time since giving birth to daughter Blue Ivy. The Grammy winner will perform three concerts in New Jersey in May at Atlantic City's Revel Resorts. Revel said Monday that the shows will be held over Memorial Day weekend for the premiere of the \$2.4 billion resort. Beyoncé gave birth to her first child in January with husband and rapper Jay-Z. Tickets for the May 25 through May 27 concerts go on sale April 6. Beyoncé will perform in the Ovation Hall, which has 5,050 seats.

THE ASSOCIATED PRESS

On the Web



R.J. Smith paints a complex portrait of James Brown in *The One*

Fight scenes deliver a knockout punch

The Raid. Film's writer-director sets a new standard for big-screen showdowns with his use of a little known Indonesian martial art style

TODD GILCHRIST

Metro World News in Hollywood

After decades of action movies and ass-kicking opuses from all across the globe, it's rare for audiences today to see something that truly knocks them out, much less that's original.

But Gareth Evans' *The Raid: Redemption* has set a new standard for the creative ways in which filmmakers can stage big-screen showdowns — in terms of technique, quality and even quantity.

No movie since the last *Matrix* installment has featured so many people fighting so furiously all at once, over and over.

If you ask the writer-director how he arrived at that style as opposed to more familiar forms of fisticuffs, however, Evans says he was primarily interested in introducing the world to the Indonesian form of martial arts known as silat, even as he constructed his brilliantly straightforward tale of a group of SWAT team members trying to fight their way out of a drug dealer's fortress-like tenement building.

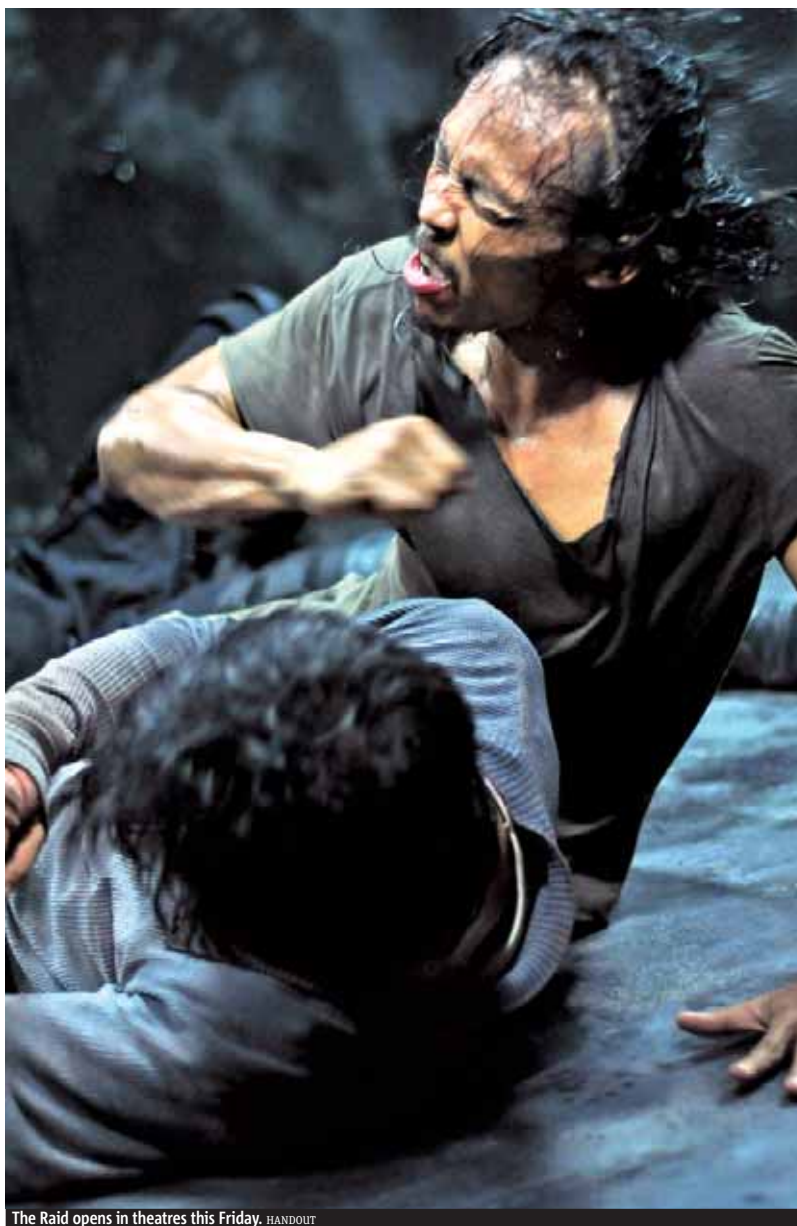
"In terms of Indonesia, we're still in our infancy when it comes to action films," Evans says.

"We're huge fans of action cinema from America, from Hong Kong, from Thailand, but we're very aware of the fact that we can't replicate those.

"So we needed to create this style of fighting — and screen fighting — which doesn't feel like it existed that much before."

While other movies have embraced the absurdity of the choreography to create larger-than-life sequences, Evans said he wanted his fights to function realistically, even if he concedes that they're a lot longer than his heroes could possibly endure.

"Every movement has to feel like it's grounded in reality," the filmmaker explained.



The Raid opens in theatres this Friday. HANDOUT

Fighting to get noticed

"In terms of Indonesia, we're still in our infancy when it comes to action films."

Gareth Evans, *The Raid* director and writer, about the fighting style in his new film.

"So even though the duration of the fight is the exaggerated part of it, all of the movements feel real. And you get that feeling when you watch the film that if you studied that martial art too, you could do all of the movements as well."

The film's red-hot reception at film festivals over

the past several months inspired its distributor, Sony Pictures Classics, to bankroll not one but two more movies in the series.

But even with stateside studios knocking down his door, Evans said he's happier to keep fighting for his own ideas than taking a victory lap using someone else's.

"In terms of Hollywood, I'm not interested really in major big-budget stuff," he revealed.

"My love is for the type of film that I can feel passionately about in every page of the script and every line of dialogue.

"The most ideal situation for me is to find that one person that's going to support me to make the film that I want to make.

"I definitely want to make movies out here," he added. "But it's got to be the right film, and the right circumstances too."

DVD reviews

The Girl with the Dragon Tattoo

Director. David Fincher

Stars. Daniel Craig, Rooney Mara

Is David Fincher's tattooed *Girl*, this time with Rooney Mara instead of Noomi Rapace as the ruthless, messed-up computer hacker, any better than the Swedish original? Does it matter?

Dirtier, more violent and marginally more complicated than its Scandinavian forebear, Fincher's stab at Stieg Larsson's first Millennium trilogy novel manages to stand on its own merits.

While the pace is slow and there are some flat performances (particularly by Craig), there remain two reasons to drag out the *Dragon Tattoo* gun again: the incendiary performance of Oscar-nominated Mara, and the score by Trent Reznor and Atticus Ross. It's another improvement from the original film that helps build the dire mood.



Tinker Tailor Soldier Spy

Director. Tomas Alfredson

Stars. Gary Oldman, Colin Firth

"Nothing is genuine anymore," a character sighs in *Tinker Tailor Soldier Spy*, but he couldn't be more wrong.

This film is the real deal, set in pre-digital 1970s. Based on the bestselling 1974 John le Carré novel, which also spawned a memorable 1979 TV miniseries, it's a movie of chain smokers and whisperers, of rattling tea cups and rotary-dialed telephones.

Oscar-nommed Gary Oldman brilliantly assumes the role of stone-faced George Smiley, an ex-British Secret Service man brought out of retirement to search for a Soviet mole who has infiltrated the MI6. *Tinker Tailor Soldier Spy* is not just a movie about intelligence, it's an intelligent movie.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

'Original guido'

Jersey Shore will return for Season 6



THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the cast being pulled in a myriad of directions (The Pauly D Project and Snooki and JWOWW vs. the World, to name two spin-off shows), apparently all of the cast members have time for the OG — that's "Original Guido" — Jersey Shore.

It was announced yesterday that production for the sixth season of the show is set to begin this summer

in Seaside Heights, N.J. "America's favourite housemates will all return to their home-away-from-home, and the house dynamic is headed into uncharted territory ... as their lives outside the Shore take off in exciting new directions," MTV said in a press release.

"While things will definitely be a little different this time when they hit the boardwalk, their trademark hilarity and family dysfunction will remain the same."

A sixth season? Talk about beating a dead meatball, MTV.

But I'm sure they'll still get the audience, if only rubbernecks who are tuning in to see what kind of maternity swimsuit the knocked-up Snooki is going to wear.



Jersey Shore is making the most out of Snooki's pregnancy, teasing the new season with the tag line, "first pumps and baby bumps" — probably the most clever thing to come out of this news. ALL PHOTOS GETTY IMAGES

Celine's vocal chords will go on: singer set to return to Las Vegas stage

Singer Celine Dion says she is recovering from a virus that caused an inflammation of her vocal cords and is planning to return to the stage in Las Vegas soon.

Dion said in a statement Monday that she received good news last week during a follow-up examination with her doctor in Los Angeles.

She says she should be fully recovered by mid-April. That's when she hopes to start recording songs for her new English and French albums.

Dion announced last month that she was cancelling her shows at Las Vegas' Caesars Palace until June 9 because of her illness.

The singer of romantic odes including My Heart Will Go On and It's All Coming Back to Me

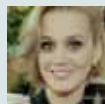


Celine Dion

Now returned to Caesars Palace a year ago for a three-year engagement.

THE CANADIAN PRESS

Twitter



@katyperry
The universe is speaking. Listen to it.



@russellcrowe
pm workout 25 mins of stretches and light weights, 30 lengths of the pool (600m)



@RealKiefer
Don't have anything clever to say (not that I ever have) but having a great day & hope you are too!



@alecbaldwin
Today is a big day. A momentous day. Today is the day I that I ZZZZZZZZZZ.....ZZZZZZZZZZ

Chris O'Dowd admires Megan Fox for calling it like she sees it

While her public feud with Michael Bay might have cost her a role in the last Transformers film, Megan Fox earned at least one new supporter: her Friends with Kids co-star, Chris O'Dowd.

"Who wouldn't have a fallout with [Bay]?" O'Dowd tells the Toronto Sun. "It's one of the sexist things I've ever seen. She called him an a--hole. Well, he is a f---ing a--hole. She's not the only one who has said that. Why has she been singled out?"



Chris O'Dowd

Jess set to pop, ready to party

With her baby due any day now, Jessica Simpson held a lavish baby shower at her home this weekend, with family and friends like sister Ashlee Simpson, Ellen Pompeo and Jessica Alba in attendance, according to Us Weekly.

"It was a kid-friendly shower, with many of her friends bringing babies," a source says. "She received tons of gifts mostly wrapped in pink gift wrap and boxes. There were several books, stuffed toys and clothes among other items."

the 9 spot

Top 5: March 19th

- 5 The Wanted Glad You Came
- 4 One Direction What Makes U Beautiful
- 3 David Guetta ft Nicki Minaj Turn Me On
- 2 Flo Rida Ft Sia Wild Ones
- 1 Carly Rae Jepsen Call Me Maybe

Weeknights at 9
Tessa counts down the **HOTTEST 5** songs that day!

101.3THEBOUNCE.COM

Paltrow writes her own cookbooks, OK?

Gwyneth Paltrow is taking the New York Times for task over reporting that she'd worked with a ghostwriter for My Father's Daughter, a cookbook she released last year.

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself," Paltrow posted to Twitter in response to an article that named Julia Turshen as the book's uncredited collaborator.

The article even stated that

Turshen is "writing a second cookbook with Gwyneth Paltrow after their collaboration on My Father's Daughter."



Tweeting the record straight

"Love The New York Times dining section but this week's facts need checking. No ghostwriter on my cookbook, I wrote every word myself."

Gwyneth Paltrow

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HALIFAX - DARTMOUTH

The fifth season of *Mad Men* debuts in the U.S. on March 25, so prepare yourself for more shameless behaviour. Our hero's a drunk, his boss is a womanizer and the women have issues, too. Here's our self-help advice for our favourite characters — apply if necessary.

ROMINA MCGUINNESS
life@metronews.ca

Analyzing the Mad in Men

Don Draper

VICES

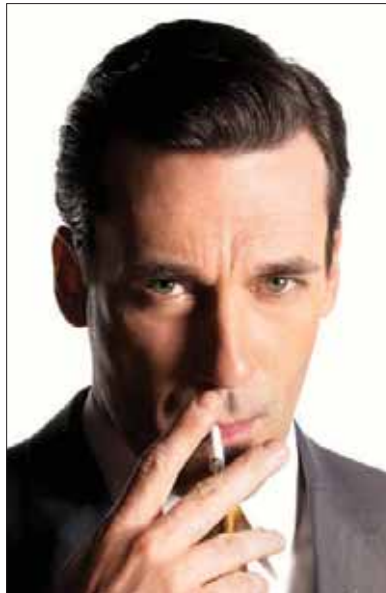
Draper, head of creative at the ad agency, blocks out his past and his feelings. He smokes, drinks and has many lovers and cheats.

SOLUTION

"Smoking, drinking and having indiscriminate sex are all mind numbing activities and ways for Don Draper to ignore his history," says psychotherapist Jonathan Alpert, author of the self help book *Be Fearless*. "They serve as a distraction from the real issue: himself."

The more he indulges, the less he has to deal with.

"Draper needs to spend less time thinking the world owes him and more time trying to understand his past. He also needs to find a female role model to make up for his tumultuous past that was absent of one."



Joan Harris

VICES

Office manager Joan loves bad boys, sex and tight dresses. She comes across as sassy and bold but inside, she's vulnerable and afraid of ending up alone. She is pregnant with her ex lover's child (former boss Roger Sterling) but tells her husband it's his.

SOLUTION

"Instead of using her body as a means to get things, she should try using her mind," says Alpert. "By relying on her body to leverage what she wants people only get to know her in that way."



Roger Sterling

VICES

Multiple heart attacks haven't slowed down Sterling's (very) heavy smoking and drinking. He believes every problem can be solved with or over a drink. He has a penchant for younger women and still has feelings for his ex girlfriend, Joan Harris.

SOLUTION

Sterling has a grand sense of entitlement. "He's been handed everything," says Alpert.

Roger should ask himself: who am I, if not an agency owner?



Peggy Olsen

VICES

Workaholic Peggy is desperately striving for professional recognition in a male-dominated world.

She's had a baby out of wedlock after an affair with a married man. Her denial of the pregnancy was so intense she was unaware of her condition until she went into labor.

SOLUTION

"Peggy Olsen compensates for her apparent insecurities by throwing herself into work," says Alpert.

"This distracts her from the real problem: her inability to be intimate and deal with lingering issues of guilt around sex and religion," he adds.



3

LIFE

On the Web



Is 'pink slime' in your burger?
You may not know until it's
in your mouth - or ever

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SPECIALTY STORE

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Already known for being cute and (mostly) cuddly, cats are now linked to reducing stress. ISTOCK PHOTOS

Good health linked to cat ownership

New study shows frisky felines reduce risk of disease. And people who get cats may suffer less stress, too

CELIA MILNE
life@metronews.ca

People with cats have fewer heart attacks.

While this seems to be true, reports that the purring of cats can calm the human heart are probably exaggerated. That story was widely reported last week.

Metro interviewed Dr. Adnan Qureshi from the Stroke Research Center at the University of Minnesota to find out if owning a cat has health benefits. He is a leading ex-

Quote

"Cat ownership, unlike other medical interventions available, has minimal risk..."

Dr. Adnan Qureshi
Stroke Research Center at the University of Minnesota

pert on the effects owning a pet may have on cardiovascular health.

"Cat ownership, unlike other medical interventions available, has minimal risk and may be a novel strategy for reducing the risk of heart disease in high-risk people," he says.

A few years ago, Qureshi and colleagues conducted a study of 4,435 people, 55 per cent of whom had cats. They followed the group for an average of 20 years to see what happened to them,

health-wise.

They found a significantly lower risk of death from heart attack, stroke and all cardiovascular diseases in people with cats, even after factoring in age, gender, ethnicity, blood pressure, cigarette smoking, diabetes, cholesterol and body mass. It is thought that owning a cat reduces stress. But perhaps there is something more calm about the type of people who buy cats.

"Does owning a cat directly reduce the risk of heart disease or do people who own cats have personality traits that are protective against heart disease?" he asks.

As for the theory that the purring of cats is what prevents heart attacks in humans, Qureshi is underwhelmed.

"Good question (which) needs to be answered," he says.

Best Health

What works; what doesn't



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-Chief
Best Health Magazine

Best Health magazine is full of the bottom-line truth about everyday health and wellness questions.

Here are two from the March/April issue of Best Health:

Are energy drinks a good source of energy?

No. Despite their exotic-sounding ingredients — including herbs, amino acids and other natural compounds with purported health benefits — often what you're also getting is a lot of sugar and caffeine.

Yes, as a source of calories, sugar technically provides energy, and caffeine does give a temporary boost (it increases alertness and revs up the body's energy systems).

But nutritionists agree there are better ways to keep up your energy supply. Eat a balanced diet, exercise regularly and get enough sleep.

Do manual toothbrushes clean just as well as electric ones?

No. Do your teeth a favour and try an electric toothbrush. They remove more plaque.

A review of studies involving nearly 4,000 women and men found that an electric toothbrush with bristles that rotate in alternating directions removed



11 per cent more plaque and reduced gum disease six per cent more than manual brushes. (Neither manual nor electric brushes

were found to harm the gums.)

Of course, any kind of brushing, plus flossing, is a good thing.

Thoughts on...

Forgiveness for you and others

Have you ever felt that someone did something to you, something that hurt you so badly that you could never

forgive them? Of course you have. There isn't a single person on this planet who hasn't suffered the inappropriate and careless actions of another.

In refusing to forgive old hurts, you live with them in the present.

A part of you may won-

der, How can I ever forgive what they did to me? Just remember, forgiveness of the person does not imply permission to abuse or hurt you again but about restoring your own sense of well being and peace.

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Sushi and Sashimi Combo (\$15). VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

Fujiyama Restaurant has a lovely ambience. Situated in the space that for years was La Cave and then briefly La Cueva, it's all stone, low ceilings and atmosphere.

Sipping Green Tea (\$1.75), we peruse the extensive menu.

I settle on the Bento Box D (\$10.95) and my companion chooses the Sushi and Sashimi Combo (\$15). We both start

with miso soup that should be hotter and an iceberg lettuce salad with a flavourful dressing.

My dish has shrimp, sweet potato and eggplant tempura, sashimi and vegetable Gyoza (dumplings). The seafood and tempura are tasty but Gyoza are dry and lack flavour.

My companion's Nigiri tuna, salmon and ebi; California rolls; and tuna, salmon and white fish sashimi are beautifully arranged and taste fresh.

The expected accompanying steamed rice never arrives even after she asks.

Our lunch may lack con-

sistency, but the fresh sushi leaves us happy.

Visiting the restaurant

Fujiyama Restaurant

Address: 5422 Blowers St.

Phone: 492-1133

Rating: 3/5

Rice range: \$\$\$

Social lunch: Yes



Jodi Brown, Metro's vice-president of marketing and interactive, left, is pictured with her fiancé, Matt Peacock. CONTRIBUTED

Love in a digital world

Romance. We used to fly banners through the sky to get our loved one's attention, but now there's Facebook — it's faster and a lot cheaper

ing messages on Facebook, she decided she would accept Matt's proposal digitally by creating a Facebook ad that would be guaranteed to be read by him.

"By using 'targeted qualifiers,' you can actually target the campaign to reach just a few people," Jodi said.

Matt is the love of her life. They hit it off instantly when they met at a business function in September 2010.

"We both have high-energy personalities ... we're outgoing and active and we love to travel. And, we have the same goals," she said.

But after dating for two months, Jodi was diagnosed with breast cancer. She thought he might not stick around because of it but that wasn't the case.

Matt stayed by her side through surgery and treatment. Since moving in with Jodi and her kids last July, he has proposed a few times.

"Yes I'll Marry You Matt" was the headline Jodi used in the Facebook advertising campaign along with a picture and a short blurb about how she felt.

While she figured it might take him a week to see, it

Pinterest

Jodi Brown has also started a wedding board on Pinterest. Check it out at pinterest.com/luckyjodi/jodi-matt-s-wedding-ideas

took Matt just five minutes on the day the campaign was launched to notice it on his Facebook page.

"Then it took him 10 minutes to update his relationship to engaged," Jodi said.

She says the campaign ran just for the one day, and seven people including Matt saw it an average of 12 times each. At the end of the day, the campaign cost her three cents in total — for every thousand times the ad showed up, the price was one dollar.

Since the ad appeared, the couple has received hundreds of messages of congratulations and advice on Facebook.

Now they are pinning down the date (either September 2012 or May 2013) and starting to plan.

"And of course, social media will play a role in the planning of the wedding ... there's just no way it won't," Jodi said.

YLVA
VAN BUUREN
For Metro

When Jodi Brown finally decided to accept Matt Peacock's wedding proposal, the social media aficionado wanted to say 'yes' in a way that was unique, memorable and "fit with who I am."

Jodi is vice-president of marketing and interactive at Metro News, has two boys, Jaden, 14, and Callum, 9, and she's a huge fan of social media.

Metro readers are likely familiar with Jodi — she shared her cancer story in the paper last fall (and she's doing great now!).

After hearing a social media expert talk about how you can micro-target advertis-

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The deal with taxes

Tips for the financially challenged



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

When do I have to file my taxes? Each year taxes are due to Canada Revenue Agency (CRA) by midnight of April 30.

How do I file my taxes? You, or your professional tax advisor, can file your taxes through NETFILE (netfile.gc.ca). For help using NETFILE, consult CRA's online help or call the NETFILE help desk: 1-800-714-7257. Not everyone can use NETFILE, so check out the restrictions. If you run into problems you can still file the old-fashioned way in paper form and have the post office postmark it by April 30, 2012.

What if I've moved? File your taxes according to the address where you were living on Dec. 31 of the tax year.

What if I've experienced a major life event? If you've had a child, experienced a death in your immediate family, got married, separated or divorced, there are

special tax considerations for your situation, so consult with a professional tax advisor.

What if I'm behind on my taxes? Get on it! By law, you must file a yearly tax return. The longer you let it go, the more complicated it gets.

Do I pay a fine if I'm late filing my taxes? If you are eligible for a refund, there is no penalty. However, if you owe taxes, the late filing penalty is five per cent of the amount you owe for 2011, plus one per cent of the balance owing for each full month that your return is late, to a maximum of 12 months.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep receipts and documentation in case you're audited.

TWEET ME @LESLESCORGIE

Shop like an American

Plan ahead. Cut coupons and look for deals before you hit stores in the U.S. (and don't forget to bring a pair of comfy shoes)



YOUR MONEY
Alison Griffiths
money@metronews.ca

'Tis the season for travel.

It's the time of year when many families head south for the beach or the slopes and shopping, especially now with the loonie lingering near par.

Sadly, we're limited when it comes to enjoying some of the best U.S. deals. I recently bought my favourite wine, J. Lohr Paso Robles Cab, for a mere 12 bucks at Target. The same vino in Canada will set you back \$20 or more. But we can still only

Alison's money rule

"Maximize your U.S. shopping deals by planning ahead."

Cross-border shopping

- **Before you swipe.** 2.5% is the standard additional charge, on top of the exchange rate spread, levied by Canadian credit card companies on U.S. purchases.

bring back 1.14 litres of liquor or 1.5 litres of wine regardless of the trip length.

Savvy cross-border shoppers head to the outlet malls and big box stores to score deals. But with a bit of planning you can do even better by monitoring the coupon offers at your destination.

First, check out the local newspaper. Advertising is up since the worse of the recession and the papers are full of coupons. In Canada, we usually see flyer-heavy papers on Wednesday and Thursday, but in Florida, for example, Saturday or Sunday is when you will find the largest number of flyers and ads.

Another great source are the newspapers' websites. They are far richer with coupons than in Canada. Also, visit store websites. Last week, I took advantage of a two-day only 20 per cent off any purchase at



There's nothing quite like a good deal. ISTOCK

Chico's and a similar deal at Macy's. Some stores are strict about having the coupon in hand but when I left my Macy's offer in the printer, the check-out person swiped one she had at the counter to give me the discount.

Finally coupon sites have proliferated in the U.S., over 500 at last count. Here are five top websites, according to the Wall Street Journal:
- CouponCabin.com
- RetailMeNot.com
- SmartSource.com
- Coupons.com (mainly grocer-

ies, also I couldn't load it with my Safari browser but could with Firefox).

- CouponMom.com (primarily groceries)

If you are intending to do some serious shopping be sure to start your deal search before you leave Canada or you might end up clipping or printing a coupon that only kicks in when you're at the airport heading home.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

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For more information on Ginger and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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By Ingrid Williams



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Sarah Jessica Parker

40s

GARMENTS: GEOFFREY ROSS STYLING: BREANNA GOW/JUDYINC.COM CELEBRITY: GETTY IMAGES



20s SOLANGE KNOWLES

A mix of punchy colour, playful pattern and a carefree approach to jewellery creates a look that's sophisticated, not stuffy.

A knockout hue pumps up an otherwise prim top.

Brose silk top, \$288, marikabrose.com

Bright beads and twisted textures score extra style points.

Fab Accessories 18K gold-plated Brass bracelet with faceted glass beads, \$48, fabaccessories.com

Good things happen when an eye-popping print meets a simple shape.

J.Crew Café Capri wool-silk blend pants in Jewel Jacquard, \$230, jcrew.com

Candy coloured knuckle-dusters are a major thing.



Carole Tanenbaum Vintage Collection pink cocktail ring, \$400, yellow Selro ring, \$400, and yellow-green enamel ring, \$550, caroletanenbaum.com

30s HEIDI KLUM

Fresh shades and prints that pop are easy ways to wake up those I-want-to-wear-them-everywhere jeans.

Think oodles more stylish than a T-shirt, but just as comfy.

Robert Graham Kalie silk top, \$198, 877-717-7466

Faded-wash denim is most stylish when it's cuffed and cropped.

Joe Fresh cotton-blend jeans, \$39, joefresh.ca



Be it a bag or shoes, there's always room for another pint-size hit of print.

Gap linen and PVC bag, \$65, gapcanada.ca



Artisan charm keeps oversize baubles from being OTT.

Fab Accessories, \$280, fabaccessories.com

40s SARAH JESSICA PARKER

Turn heads in graphic patterns, a figure-flattering silhouette and accessories with just the right amount of flash.

Proof you can be 60% covered up and still be 100% sexy — a fit 'n' flare dress is a must-have.

BB Dakota polyester dress, \$122, bbdakota.net



Glinting baubles in refined shapes echo a retro-chic vibe.

Carole Tanenbaum Vintage Collection Boucher black and crystal necklace, \$850, and diamanté bow earrings, \$350, caroletanenbaum.com

Put your foot down with fashionable flair in snakeskin-print platform heels.

Le Château suede heels, \$110, lechateau.com



30-SOMETHING

"Nail polish is better than a trip to the therapist," quips Essie Weingarten, founder and creative director of Essie. It certainly has fueled a healthy business for the New Yorker who celebrates the brand's 30th anniversary in 2012—that's 700 shades and counting. Our fave new hue? A pastel lilac called To Buy or Not To Buy, \$10, essie.com



WRIST SHOTS

PREPPY

Play along with Gianfranco Ferré-style stripes, polka dots and colour-blocked patterns.

Winners narrow-hinged bangle with colour-blocking, \$20, winners.ca. Banana Republic chevron bangle in pink and navy, \$62, bananarepublic.ca. Hermès diamon-patterned enamel bangle, \$795, hermes.com. Birks Art Deco Collection by Roberto Coin square bangle bracelets in enameled sterling silver, from \$395, birks.com



BEJEWELLED



Dress like a princess—make that a queen—with a bevy of bejewelled bangles. Swarovski Rarely bangle, \$575, swarovski.com. Rita Tesolin crystal with green deco-style cuff, \$365, ritatesolin.com. Chanel golden metal bracelet with glass stones, \$3,375, chanel.ca. Elsa Corsi crystal hinged cuff, \$1,200, elsaorsi.com

ORGANIC

Take your cue from Donna Karan and get inspired by wood and the natural world.

Winners faux-wood and resin wide bangle, \$17, winners.ca. Dandi Maestre raw wood bangle, \$150, dandimaestre.com. Le Château faux-bark plastic bangle, \$13, lechateau.com. Michael Kors ebony-coloured wood bangles with pavé detail, \$210 each, 866-733-5677



KOOL-AID



Pile on the plastic fantastic à la Hermès with punchy colour and bold shapes. Hermès orange and green wood lacquer bangle, \$275, hermes.com. Expression green cuff, \$16, thebay.com. Carole Tanenbaum 1960 pink bangle, \$250, caroletanenbaum.com. Lacoste navy and black cuff, \$100, lacoste.com



ONE-MINUTE MIRACLE

Pile on the beads. A little boho, a little deco, a little ladylike: we view this season's runway trend of multi-strand necklaces a quick and easy way to update the simplest of wardrobe pieces.

Quartz and crystal beads, \$395, kumaris.ca

For more great style tips, visit TheKit.ca

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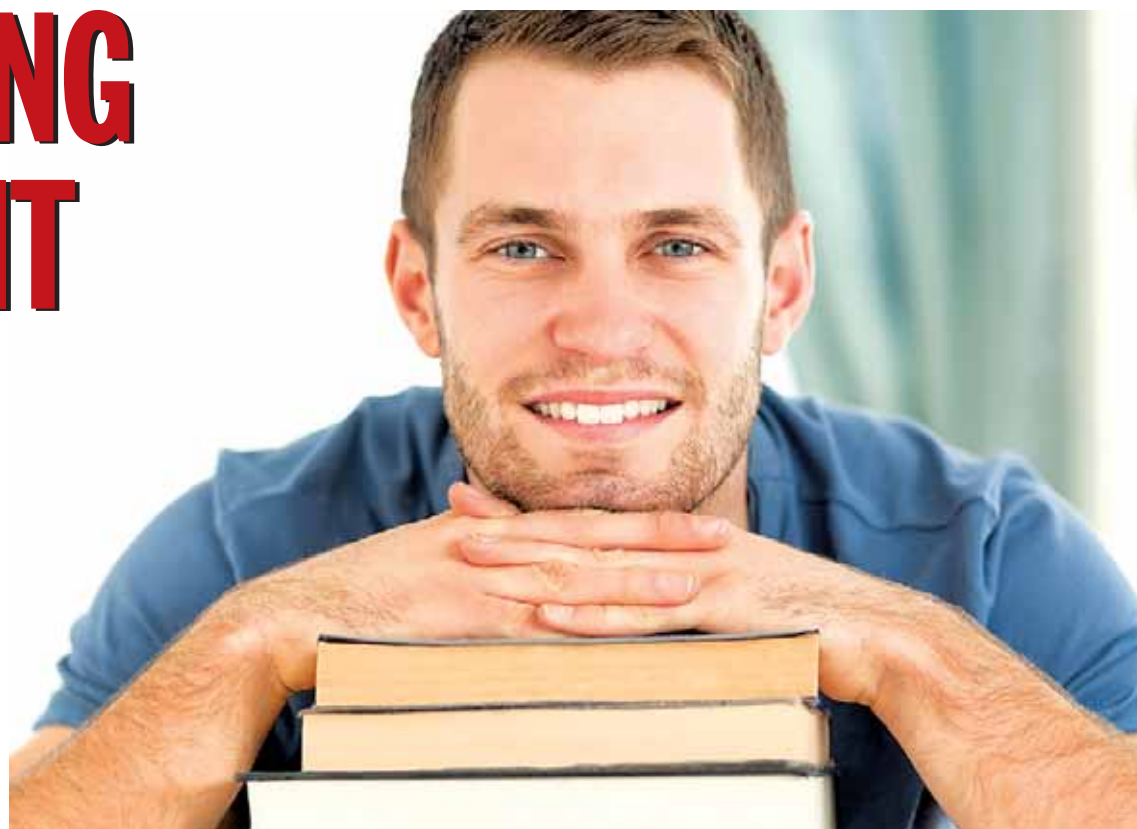
CONTINUING ED CAN HELP ADVANCE AN EXISTING CAREER ... OR BE JUST FOR FUN

For some people, learning stops as soon as they finish high school or university, but if you want to live a challenging life and find fulfilment at work, experts say learning will likely be a lifelong pursuit.

CanLearn.ca is an online resource from the federal, provincial and territorial governments that pools information on furthering your education.

"As the job market becomes more competitive, continuing education can help you keep up with the latest technologies, knowledge and skills you need to help you keep your job, get a new job or change careers through continuing education," it says.

It advises potential students to consider what they want to get out of their further learning — perhaps it's to finally get your high school diploma, or a specific university program to enter a particular profession, or to learn a skill to work in a trade. The clearer you are about your goals, the easier it will be to achieve them. Learn what you need to do, find out what schools offer the edu-



WAVEBREAK MEDIA/THINKSTOCK

cation you need, and ask them how to enrol.

Lisa Fanjoy, manager of online learning and continuing studies at Wilfrid Laurier University, says many adults turn to continuing education to advance an existing career, or just for fun. Wilfrid Laurier sees an even mix of students seeking professional and personal development.

For professional development, a popular course is risk-management certification, which is required for advancement in many jobs. Other in-demand

courses include the fundamentals of management, diversity in organizations, clinical supervision, writing skills and other upgrades.

For personal development, it's about "a passion or project to indulge in," Fanjoy says.

—Jon Tattrie

CONTINUING & DISTANCE EDUCATION Spring/Summer 2012

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DNUR 497 Computers in Nursing
ENGL 298 ST: Introduction to Creative Writing: Short Fiction
ENGL 340A Shakespeare: Narrative Poems, Comedies & Sonnets
ESCI 171 Understanding the Earth I
HIST 399 ST: Canadian Immigration, Race & Ethnicity since 1896
HKIN 301 Elementary Statistics
INFO 446 Electronic Business
MATH 111 Calculus I
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PSCI 345 Women and Politics
PSYC 100 Introduction to Psychology
PSYC 260 Developmental Psychology
PSYC 385 ST: Cultural Psychology
SOCI 100 Introduction to Sociology
SOCI 210 Sociology of Marriage and the Family
STAT 201 Elementary Statistics
WMGS 210 Sociology of Marriage and the Family
WMGS 345 Women and Politics

Online – Summer

ART 141 History of Art I
BSAD 231 Foundations of Marketing
ENGL 233 Children's Literature: 1865 to Present
ENGL 340B Shakespearean Tragedy
ESCI 471 Geographic Information Systems
INFO 225 Information Systems Hardware and Software
MATH 112 Calculus II
MUSI 118 World Music
PSCI 295 Religion and Politics
PSYC 387 ST: Human Development Across Cultures
RELS 120 Religion, Spirituality, and Health
RELS 295 Religion and Politics
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SOCI 250 Deviance and Social Control

Online – Non Credit

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metro

SUMMER CAMP

Tuesday, March 20, 2012



Find a summer camp that will fit your child's interests, needs and comfort level. Some kids may enjoy canoeing, while others may not be comfortable on the water. GIRL GUIDES CANADA PHOTO

How to zero in on the right activity

Choices. Talk to your child to see what they will enjoy the most

PAULINE ANDERSON
For Metro

With so many camps to choose from, finding the one that best suits your child's interests, needs and comfort level might seem like a daunting task. But there are steps to make it easier.

Start by discussing with your child how long they

would like to be away, how far away they are willing to go, whether they would prefer to go with a friend or is OK with going alone, and whether they are comfortable with a co-ed camp.

Also talk to your child about what kind of camp — music, sports, etc. — they might enjoy.

"If a child has a specific desire to do some activity, that's helpful to know, and parents can zero in on that," says Doug Saul, camp director, Camp Chief Hector, a YMCA camp in Alberta. So if your child is passionate

about soccer, a soccer camp might be perfect for them.

On the other hand, if they play indoor soccer all winter, perhaps they would want to try something entirely different outdoors.

"He may want to do horseback riding or backpacking for some diversity," says Saul. Remember, though, camps typically offer the same wonderful experience.

"Kids would be happy with almost any camp they went to because there's going to be that sense of camaraderie, and safe and fun activities at almost any camp

they go to," says Saul.

Narrow your search to camps that are accredited. This means that they not only meet minimum provincial standards for such things as fire safety, food service and health care, but also voluntarily abide by additional standards deemed best practices in such areas as safety, programs and leadership.

A great place to search is the Canadian Camping Association (ccamping.org). Click on the province you live in, and punch in the camp criteria you are interested in. For example, says Saul,

"if you prefer a residential co-ed camp that has sailing and canoe tripping, look on the menu and check those boxes."

Most camps offer sessions from as early as age seven and some go up to age 17 years.

Consider easing your child into camp by first taking them to a family camp. Here they can get a taste of the camp experience in the company of mom, dad and siblings.

"The family can make that camp part of their community, and when it's time

for kids to go without parents, they feel at home," says Saul.

The Girl Guides offer "parent and me" weekends and even "grandma, mom and me" weekends to aid in the transition from family camping to solo camping, says Jill Dundas, the executive director of Girl Guides of Canada, Ontario Council.

Finally, consider your budget; camps can be hard on the bankbook, especially if you have more than one child. Check with your provincial camping association for information on financial assistance.



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Online at www.baysidecamp.org



Making new friends is one highlight of attending a summer camp. GIRL GUIDES CANADA PHOTO



Summer camps offer many fun activities for kids. GIRL GUIDES CANADA PHOTO

Tips to make camp more enjoyable

PAULINE
ANDERSON
For Metro

March break is over and now it's time to plan the next big event — summer camp.

Here are some helpful tips to make the experience more fun for your child —

and easier on you.

- Check the website of the camp you are interested in: You and your child can view pictures of the site and get a feel for the programs.
- Attend information sessions. Many camps hold such sessions in convenient

urban settings, says Doug Saul, camp director, Camp Chief Hector, a YMCA camp located about an hour's drive west of Calgary "Your children may even meet the counsellor who will be caring for them."

- Make the trip to the on-site

open house. Your child can test some of the activities, visit the cabins and even meet kids they will see in the summer. "In that way, they get to know the lay of the land" says Saul.

- Reassure your child that they can take a cherished item. For example, if they have a favourite stuffed animal, tell them they can bring it.

- Mark the camp date on the calendar. As the date approaches, discuss how much fun camp will be.

- Have your child spend at least two nights at a friend's or relative's house. This gives them enough time to get accustomed to being away from parents and home, says Jill Dundas, the executive director of Girl Guides of Canada, Ontario Council

- Give your child some stamped, pre-addressed envelopes for letters home. "I actually still have some of these from when I went to camp that I didn't actually send," says Saul. "They still have 12-cent stamps on them."

Federation

- The Canadian Camping Association (CCA) is a non-profit national federation of nine provincial camping associations representing more than 700 camps across the country. These camps are located in British Columbia,

Alberta, Saskatchewan, Manitoba, Ontario, Quebec, Newfoundland and Labrador, New Brunswick and Nova Scotia. Camps in Prince Edward Island maintain links with camps in Nova Scotia. Visit camps.org.



Camp de jour 2012

Si vous voulez que votre enfant soit plus brillant à la fin de l'été...

Inscrivez votre enfant au Camp de Jour ou au Camp en Action du CCGH!!

Conseil Communautaire du Grand-Havre

Visitez le site internet www.ccg.h.ca ou téléphonez au 435-3244!

- Talk about your child's fears and apprehensions. You might want to emphasize that there won't be the bright city lights at camp (but there will be lots of beautiful stars in the sky), and that they won't hear loud traffic noises (but they might get to hear crickets chirping and owls hooting)
- Moderate your expectations. If you had a phenomenal experience as a young camper, you don't want your child to feel badly if they didn't have as good a time
- Don't make comments that reflect your own anxiety about your child's absence. For example, says Saul, don't

say "I hope you'll be OK," or "What will I do without you?" This could deplete their confidence. Instead, tell your child you can't wait to hear their exciting stories or see pictures of what they did at camp

- Avoid telling your child that you will pick them up if they don't like camp. "It's normal for young people to miss being at home," says Saul. Research shows if campers persevere, they will love camp. Rest assured, camp staff members are experienced in dealing with homesickness and if there's a continual and real problem, you will be notified.

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Make sure your child is prepared with all the essentials before they head off to camp. GIRL GUIDES CANADA PHOTO

Checklist. What to bring to camp

PAULINE
ANDERSON
For Metro

Many camps have their own idea of what kids should bring to camp, and that list might vary by type of camp, length of stay, and age group. For example, 14 and 15 year olds might require different items than eight and nine year olds.

That said, there is some gear that every camper should have, says Doug Saul, camp director, Camp Chief Hector, a YMCA camp in Alberta.

At the top of the list are a sturdy rain jacket, waterproof pants and rubber boots, says Saul.

Also, bring a selection of sturdy everyday shoes (not flip-flops). At home, you might have time to dry out your shoes before going out again, but at camp, activities tend to be ongoing so there might not be time, explains Saul.

Shampoo and soap are other important items to have at camp. Although most places have tuck shops that

stock these and other toiletry items, bringing your own supply helps to make the camp experience "your own," says Saul.

Other typical items on a camp checklist include:

- A warm sleeping bag or other bedding
- Sunscreen (with SPF of at least 15)
- Sun hat
- Bathing suits
- Towels
- Insect repellent
- Water bottle
- T-shirts
- Sweatshirts
- Shorts
- Pyjamas
- A warm jacket
- Flashlight (and batteries)

Many camps don't specify exactly how many of a particular item to pack because that might vary by household. For example, for a one-week stay, the camp might suggest bringing enough underwear and socks for six days.

When packing, choose clothing that your child feels comfortable wearing.

Camps typically suggest labeling all clothing and equipment. On each piece, sew a tape with your child's name on it (don't use marking pencils as they wash off). Put these tapes in places that are easy to find; for example, in the middle of the waistband at the back of pants or jeans.

Get your child to help pack for camp. This way, they will know what items they will have and where to find them.

Most camps tell families not to pack food, money, knives or flammable products, and to leave video games, cell-phones, laptops, and other valuables behind. Not only might these items get lost or stolen, but they also interfere with social interactions that are what camp is supposed to be all about.

Other "no-no's" at camp, says Jill Dundas, the executive director of Girl Guides of Canada, Ontario Council, are heavily scented products that attract insects and may be offensive to some campers.



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Herd's Ashley banned for start of playoffs

The Halifax Mooseheads have lost one of their top scorers to a four-game suspension on the eve of the playoffs.

Darcy Ashley, who was fourth on the team with 55 points in 62 games, received the ban late Monday for a cross-checking incident in Sunday's regular-season finale against the P.E.I. Rocket.

The 19-year-old had 23 goals and 32 assists and was named co-winner of the team's hardest-working player award last week.

Ashley was assessed a five-minute major for the incident and a video of the play automatically went to the QMJHL for review.

"I don't want to comment on whether it's fair punishment on not, but it's just a

Mooseheads vs. Wildcats

Official first-round schedule:

- **Friday, March 23**
Moncton at Halifax, 7 p.m.
- **Saturday, March 24**
Moncton at Halifax, 7 p.m.
- **Monday, March 26**
Halifax at Moncton, 7 p.m.
- **Tuesday, March 27**

Halifax at Moncton, 7 p.m.

- **Friday, March 30**
x-Moncton at Halifax, 7 p.m.
- **Sunday, April 1**
x-Halifax at Moncton, 4 p.m.
- **Tuesday, April 3**
x-Moncton at Halifax, 7 p.m.
- x- if necessary

tough one to swallow right now going into the playoffs," said Mooseheads general manager Cam Russell. "Darcy's a big part of our hockey team and he's a guy we'll miss for four very important hockey

games."

The Mooseheads open up the best-of-seven first round against the Moncton Wildcats on Friday and Saturday at the Metro Centre.

MATTHEW WUEST/METRO



Mooseheads winger Darcy Ashley. RYAN TAPLIN/METRO FILE

Rainmen return home with season on brink



Rainmen guard Chris Hagan shoots over the Lightning's DeAnthony Bowden Monday night in London, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

NBL. Halifax in a two-game hole and a game away from elimination in NBL Canada final



MATTHEW WUEST

matthew.wuest@metronews.ca

The Halifax Rainmen are in a tough spot — and that's putting it mildly.

The Rainmen are returning home for Game 3 of the National Basketball League of Canada final on the verge of elimination after losing 113-96 to the host London Lightning at John Labatt Centre in Ontario on Monday night.

London has seized a 2-0 stranglehold in the best-of-five series and can clinch the NBL Canada's inaugural championship banner on Wednesday at the Metro Centre.

"I don't think we brought the intensity we needed," said Rainmen guard Chris Hagan. "The team just really has to bring the intensity up if we want to compete in this series. We have to go back to the drawing board."

The Lightning took control of the game off the opening tip, jumping out to a double-digit lead within the first nine minutes and grabbing a 24-point lead at the halftime break.

The Rainmen showed life in the third quarter when seldom-used reserve guard Christian Upshaw came off the bench to drain three third-quarter three-pointers as part of a career-best 18-point night, narrowing the

deficit to 10 points heading into the fourth.

That's when the Rainmen ran into serious foul trouble. Forward Eric Crookshank was assessed two technicals for an altercation with league MVP Gabe Freeman at 9:14 that cost the Rainmen six points. Moments later, an intentional foul on Hagan resulted in four more Lightning points and the lead was back up to 20 points.

By the time everything was said and done, the Lightning were 37-for-47 from the free-throw line to the Rainmen's 14-for-31.

"We know it's going to be like that on the road, sometimes we're not going to get the calls, but that had nothing to do with it," Hagan said. "We got outworked and they played harder than us and we have to change that to win the next game."

London hasn't lost back-to-back games all season and the Lightning players plan to keep it that way.

"It's not an option to come back here," Freeman said. "The option is to come back to have a parade, nothing else."

Rainmen head coach Josep 'Pep' Claros had already turned his focus to Wednesday, which will mark his team's fifth game in seven nights.

"We can't waste a lot of time (going over) what happened," Claros said. "It's not one or two things. There are plenty of things that happened tonight that can't happen in a professional basketball game and that our team cannot do if we want to win. All we can do is focus on the next game."

WITH FILES FROM JON MATISZ

Quoted

"I just want to make sure that I am getting better and feeling better each game."

Penguins star Sidney Crosby, who says he is pleased with his progress since returning to the lineup following a three-month layoff. Crosby collected five assists during Pittsburgh's three-game road trip through New York, New Jersey and Philadelphia. That saw the Penguins pull within a point of the Eastern Conference-leading Rangers with three weeks to go in the season.

Manning chooses to sign with Broncos

NFL. Work underway on finalizing deal between former Colts QB and Denver

The Denver Broncos got their Man. Make that Peyton Manning.

Pending final contract negotiations, Manning will join John Elway's Broncos with hopes of winning another Super Bowl.

So much for Tebowmania. Still to be decided is what happens to last season's quarterback sensation, Tim Tebow.

The Broncos and Manning agent Tom Condon spent Monday working out parameters of a deal expected to be worth about \$95 million over five years after the NFL's only four-time MVP called Elway, the Broncos' revered QB-turned-executive, and told him he had decided to come to Denver.

Tennessee Titans owner Bud Adams also said Manning let him know that he had picked the Broncos. Adams released a statement Monday confirming the Titans were out of the running and later said to The Tennessean: "He called me himself and told me he wasn't coming, that he made his mind up to go with Denver."

Besides the Titans, the San Francisco 49ers had been a finalist in the chase for Manning, who turns 36 on Saturday and missed all of 2011 because of multiple neck surgeries.

ESPN first reported the record-setting quarterback instructed his agent to negotiate the details of a deal with the Broncos, less than two weeks after the Indianapolis Colts released him rather than pay a \$28-million bonus.



Peyton Manning, left, takes a tour with Denver Broncos executive John Elway, right, and coach John Fox on March 9. THE DENVER POST/THE ASSOCIATED PRESS

Analysis

Opportunity trumps Tebowmania

The images were indelible for Denver fans or anyone watching on TV as Tebowmania swept the nation.

On the sidelines, Tim Tebow was Tebowing after scoring yet another late touchdown. In his box upstairs, John Elway was trying his best to look excited about a quarterback he could barely stand to watch.

It was a shotgun marriage from the beginning, this unlikely pairing of a Hall of Fame passer with a quarterback

who never seems comfortable in the pocket. Now they are likely to divorce, because with Peyton Manning coming aboard there's going to be a different kind of mania sweeping the mile-high city.

For that, Bronco fans can thank the good people running the Indianapolis Colts. Without Manning on the open market, Elway likely would have been

forced by popular demand to keep Tebow. Manning gave him an opening, and Elway reacted like the gambling quarterback he once was in landing the kind of quarterback he always wanted.

The move was brilliant, assuming Manning is healthy and remains healthy. That's a big assumption, but Vegas oddsmakers quickly gave it their stamp of approval, lowering the odds of the Broncos winning the Super Bowl from as high as 50-1 to 10-1.

THE ASSOCIATED PRESS



"I think it's a great place for him," Broncos defensive end Robert Ayers said outside the Broncos' complex. "I don't think he made a bad decision. I think he made a great decision. Hopefully we can prove him right and hopefully we can win a lot of games here."

Despite being sidelined all of last season, Manning's success in the past — the Colts averaged a 12-4 record from 2001-10 — made him by far this off-season's top potential signing and perhaps the most desired free agent ever.

He was wooed to Denver by Hall of Fame quarterback Elway, who led the Broncos to two Super Bowl championships and now serves as their vice-president of football operations.

Elway, who retired from the game after winning his second straight title in 1999, never sounded all that convinced Tebow was the answer at the sport's most important position and now could trade the enormously popular but flawed QB. Tebow energized the Broncos in leading them to the playoffs last season but his play was erratic.

"I wouldn't say I feel bad for him," Ayers said. "It's a business. And I'm pretty sure Tim understands that. ... We wish him luck, no matter what he does. I hope he's here. He's a great leader, a great locker room guy."

Manning was cut loose March 7 by the Colts. The move marked the end of an era, a 14-year alliance between the team that drafted Manning No. 1 overall and the QB who brought Indianapolis from football irrelevance to the 2007 Super Bowl title and a second appearance in the NFL championship game three years later.

THE ASSOCIATED PRESS

Soccer

Bolton player Muamba shows signs of recovery

English soccer player Fabrice Muamba began breathing independently and responding to family members on Monday, showing significant signs of recovery in intensive care two days after suffering a cardiac arrest during a match.

The 23-year-old Bolton midfielder collapsed on the pitch just before halftime at Tottenham on Saturday. Initial attempts to resuscitate him were unsuccessful, and his heart started beating on its own again only later in the hospital.

THE ASSOCIATED PRESS

NHL

Preds GM expects Radulov soon

The Nashville Predators believe Alexander Radulov is ready to return to the NHL.

General manager David Poile released a statement Monday saying that "every indication" is that Radulov will rejoin the Predators in the "near future."

Radulov spent two seasons with the Predators before bolting to the newly formed KHL in 2008. THE ASSOCIATED PRESS

NFL

Panthers add a running back

The Carolina Panthers have added more depth to their already deep stable of running backs.

The Panthers announced Monday they've signed free agent Mike Tolbert from the San Diego Chargers.

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Crossword

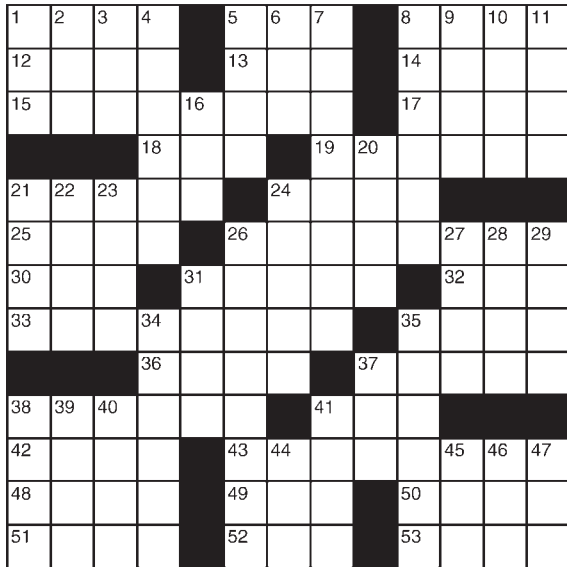
Across

- 1 Tire-changing aid
5 Spring mo.
8 Got bigger
12 Shaving cream additive
13 Fish eggs
14 Greek vowel
15 Fundraising events
17 Toe woe
18 Shell game item
19 Make money (from)
21 Ill-tempered one
24 "Groovy!"
25 Go sightseeing
26 Try to touch your toes, maybe
30 Blackbird
31 Logic
32 Raw rock
33 Sodium — (food preservative)
35 Tarzan's transport

- 36 Not all mine
37 "America's Next Top —"
38 Man's hat style
41 It's between jay and el
42 Egg
43 C-note
48 Toll road
49 CSA leader
50 Fence opening
51 Coaster
52 — out a living
53 Formerly, formerly

Down

- 1 Poke
2 Brewery product
3 Opposed to
4 Big enough fish, maybe



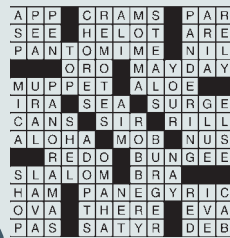
- 5 Met melody
6 Cauldron
7 Answer
8 Male escort
9 Santa's runway
10 Needle case
11 1/746 horsepower
16 Not many
20 Took the train
21 Impale
22 Sharpen
23 Destroy
24 Small change
26 Not too bad
27 Null partner
28 Sea eagle
29 Spool
31 Tart to the taste
34 Sped

- 35 Trip
37 Army rank (Abbr.)
38 Dandies
39 Satanic
40 Carolina campus
41 Dangling site
44 "A mouse!"
45 Scratch the surface
46 "— Impossible"
47 Butterfly catcher

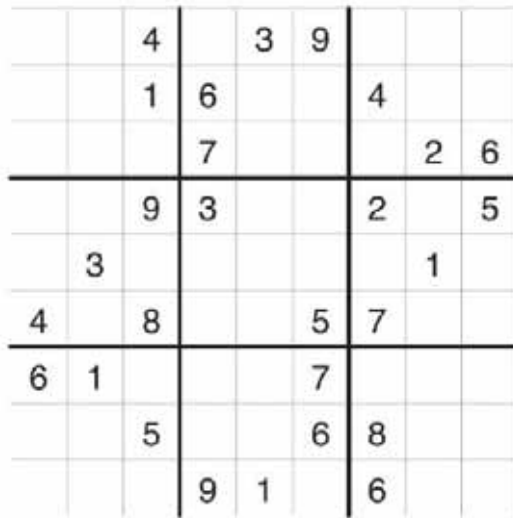
For today's crossword answers and for expanded horoscopes, go to metronews.ca



Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



Send a kiss

- **My Angel** Remember every time your gaze at the beautiful stars, that I am as well. And every time I do, I'm thinking of you. We used to dance in a gazebo by the ocean to our favourite tunes. I miss your touch and your love. I'm forever with you in my heart. From Tristan
- **mylizz** This time its all my swag out the window! Don't you ever think about us with warm memories? Remember when you put your arms around me as I played 'fast car' for you?, or when we were so taken with each other we missed our stop and ended up on the other side of the city? Or our hair freezing on our way to Boom after a hot shower :P?! I just can't shake it all! Can you? I need closure, one more day, one more night with you! From hopelessly hoping
- **To:Strange-I dont Understand.** I may know the answer to your questions, if you're looking for me of course... which seems so improbable..but I posted something on here thursday. Is it a White Honda Civic and today was a nice day for a walk. From Just a guy

Horoscope

- ♈ **Aries** | March 21 - April 20.
With the Sun moving into your birth sign this is the perfect time to let go of all those things that are holding you back.
♉ **Taurus** | April 21 - May 21.
You will find yourself up against someone today who is at best unhelpful and at worst downright hostile.
♊ **Gemini** | May 22 - June 20.
You may not be able to get your own way today but is that really a bad thing?
♋ **Cancer** | June 21 - July 22.
You are determined to prove yourself, and you will.
♌ **Leo** | July 23 - Aug. 22. The Sun

- moves in your favour today, making it easier to develop your own ideas and your own way of doing things.
♍ **Virgo** | Aug. 23 - Sept. 22.
Don't take anything on trust. Sometimes, like now, it can pay to be a bit suspicious.
♎ **Libra** | Sept. 23 - Oct. 22. The effort you have put into a project of some kind has not been wasted.
♏ **Scorpio** | Oct. 23 - Nov. 21.
By all means set yourself a new target today but don't make it so way out there that failure is more likely than not.
♐ **Sagittarius** | Nov. 22 - Dec. 21. If you are too critical of a friend or colleague today you might

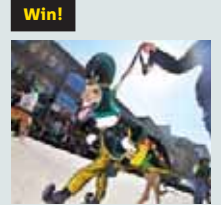
- turn them against you, so keep that wagging Sag tongue of yours under control!
♑ **Capricorn** | Dec. 22 - Jan. 20.
If you find yourself at odds with someone you live or work with today it might be best to back off and let them have the last word.
♒ **Aquarius** | Jan. 21 - Feb 18.
If someone offers to do you a favour today make sure you know what they expect of you in return.
♓ **Pisces** | Feb. 19 - March 20.
If you get the chance to make some money in a way that is not entirely in line with your principles you would be wise to turn it down. There are many ways to be rich.
SALLY BROMPTON

Today 16°/8° Partly cloudy Wednesday 20°/11° Sunny The Weather Network Download WeatherEye to your smartphone. ©The Weather Network 2012



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"Hey look!! I'm air planking!!"
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90 DAYS
ON SELECT MODELS

2012 **FORTE** SEDAN
TECH⁺



Forte SX
shown


 HWY: 5.7L/100KM
CITY: 8.1L/100KM

THE ALL-NEW FUEL-EFFICIENT **RIO**
5-DOOR

"BEST SMALL CAR"

(under \$21,000)

MOTORING
2012


 HWY: 4.9L/100KM
CITY: 6.6L/100KM

2012 **SORENTO**

7 PASSENGER
SEATING
AVAILABLE

TOP SAFETY
RICK



 HWY: 6.2L/100KM
CITY: 9.5L/100KM

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free
comprehensive warranty



WIN
A ONCE-IN-A-LIFETIME TRIP
TO UEFA EURO 2012™

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